

www.uwaterloo.ca/DICE

DEMENTIA-INCLUSIVE
CHOICES FOR EXERCISE

For more information and training
on dementia-inclusive exercise, go to:

I want to be physically active
and I may need your help.
I have memory problems.



My name is:

Why do I want to be active?

What sports or exercise have I enjoyed?

If I need support, it may help to...

FOLD LINE